The 6th Annual Massachusetts Food Access Study
Employment and Income Supplemental Report

The 2026 Massachusetts Statewide Survey on Food Insecurity is the 6th annual survey conducted by The Greater Boston Food Bank and Mass General Brigham. This supplemental report provides additional survey results that look at employment and income demographics of households with food insecurity and adults that used a food pantry in 2025.

Food-Insecure Households - Employment and Income Demographics

Among households with food insecurity, 60% report being employed (46% report being employed full-time and 14% employed part-time). Among employed households, 44% report having two or more jobs, an increase from last year's 32%. In 2025, removing respondents who report being disabled (N=133) or retired (N=152), 78% (744/951) of food-insecure households report being employed.

Among Food-Insecure Households	2025	2024	2023	2022	2021
Employment	**(N=1,236)**	**(N=1,150)**	**(N=1,034)**	**(N=995)**	**(N=941)**
Employed, full-time	572 (46.3%)	582 (50.7%)	462 (44.7%)	496 (49.8%)	450 (47.8%)
Employed, part-time or seasonal	172 (13.9%)	146 (12.7%)	142 (13.7%)	111 (11.1%)	137 (14.6%)
Disabled	133 (10.7%)	143 (12.4%)	143 (13.8%)	130 (13.1%)	82 (8.8%)
Unemployed	144 (11.7%)	113 (9.8%)	125 (12.1%)	99 (9.9%)	98 (10.4%)
Stay at home parent	29 (2.3%)	21 (1.9%)	23 (2.2%)	41 (4.1%)	34 (3.6%)
Student	35 (2.8%)	23 (2.0%)	40 (3.9%)	36 (3.6%)	80 (8.5%)
Retired	152 (12.3%)	122 (10.6%)	99 (9.5%)	83 (8.4%)	59 (6.3%)
What type of program are in you currently enrolled in? (among students)	**(n=33)**	**(n=22)**	**(n=39)**		
Undergraduate College Student	30 (91.8%)	13 (58.9%)	24 (60.6%)	-	-
Masters or PhD Student	0 (0.0%)	6 (28.8%)	7 (18.9%)	-	-
Vocational Program	0 (0.0%)	0 (0.0%)	7 (17.0%)	-	-
GED	3 (8.2%)	3 (12.3%)	1 (3.4%)	-	-
What type of college do you attend? (among undergraduate college students)	**(n=35)**	**(n=12)**	**(n=24)**		
Private	9 (30.1%)	3 (24.5%)	10 (41.3%)	-	-
Public-State	16 (52.1%)	5 (38.6%)	8 (32.2%)	-	-
Community College	5 (16.6%)	3 (25.3%)	6 (26.5%)	-	-
Other	0 (1.2%)	1 (11.6%)	0 (0.0%)	-	-

Version: 5/20/2026. All presented data reflects weighted results.
Report prepared by the Greater Boston Food Bank and Massachusetts General Hospital.

How many jobs do you have? (among employed full or part time)	(n=744)	(n=728)	(n=605)	(n=607)	
1 job	420 (56.4%)	493 (67.7%)	435 (72.0%)	420 (69.2%)	-
2 jobs	250 (33.6%)	202 (27.8%)	152 (25.1%)	167 (27.5%)	-
3 or more jobs	75 (10.0%)	33 (4.5%)	18 (2.9%)	20 (3.3%)	-
Annual Household Income	**(n=1236)**	**(n=1,150)**	**(n=1,034)**	**(n=995)**	**(n=941)**
< $25,000	343 (27.7%)	356 (31.0%)	314 (30.4%)	315 (31.6%)	217 (23.0%)
$25,000-$49,999	251 (20.3%)	247 (21.5%)	222 (21.5%)	229 (23.0%)	212 (22.5%)
$50,000-$74,999	215 (17.4%)	187 (16.2%)	163 (15.8%)	165 (16.6%)	161 (17.1%)
$75,000-$99,999	116 (9.4%)	105 (9.1%)	104 (10.1%)	111 (11.1%)	88 (9.4%)
≥ $100,000	311 (25.2%)	255 (22.2%)	230 (22.3%)	176 (17.7%)	263 (27.9%)

Food Pantry Users - Employment and Income Demographics

Food Pantry Use

Food pantry use has increased over time. In 2021, 18% of adults across the state accessed food pantries, and today 27% of adults report accessing pantries.

	2025 (N=3,054)	2024 (N=3,136)	2023 (N=3,014)	2022 (N=3,024)	2021 (N=3,085)
Access a food pantry in past year	837 (27.4%)	711 (22.7%)	654 (21.7%)	633 (20.9%)	560 (18.1%)

Food Pantry Use Among Full-time Employed

In 2025, 52% of respondents in the statewide survey reported being employed full time, an employment rate that has been consistent over the past 5 years. However, in 2025 over 1/4 of these full-time employed workers reported using food pantries, a statistically significant increase from 17% in 2021.

	2025 (N=3,054)	2024 (N=3,136)	2023 (N=3,014)	2022 (N=3,024)	2021 (N=3,085)
% Full time employed	1,574 (51.5%)	1,714 (54.7%)	1,553 (51.5%)	1,603 (53.0%)	1,589 (51.5%)
Food Pantry User in Past Year among Full Time Employed	407 (25.8%)	410 (23.9%)	328 (21.1%)	340 (21.2%)	264 (16.6%)

Income Distribution of Food Pantry Users

Based on an estimated weighted average of food pantry user income, adjusted for inflation, it does not appear that the average income of food pantry users has changed over the last 5 years.
However, it is striking that in 2025 41% of food pantry users had an income > $75,000.

Among Pantry Users	2025	2024	2023	2022	2021
Weighted average household income among pantry users	$81,938	$82,003	$78,820	$73,740	$68,438
Inflation adjusted average income among pantry users- adjusted to 2025 dollars*	$81,938	$84,246	$83,202	$80,282	$79,807
Household Size, mean (SD), median (Q1, Q3)	3.7 (2.4), 3 (2, 5)	3.9 (3.0) 3 (2, 5)	3.9 (2.7), 3 (2, 5)	3.0 (2.1), 3 (2, 4)	3.0 (1.5), 3 (2, 4)

Among Food Pantry Users	**2025**	**2024**	**2023**	**2022**	**2021**
Annual Household Income	**(N=837)**	**(N=711)**	**(N=654)**	**(N=633)**	**(N=560)**
< $25k	20.1%	22.1%	22.3%	24.4%	28.4%
$25,000-$49,999 per year	18.8%	20.1%	21.2%	22.4%	21.0%
$50,000-$74,999 per year	19.8%	14.9%	17.8%	15.5%	17.0%
$75,000-$199,999 per year	32.3%	30.9%	31.0%	31.0%	28.2%
$200,000 or more per year	9.0%	11.9%	7.6%	6.7%	5.3%